

# Contemplative Practice and the Transformation of Education

Featuring Dr. Daniel Barbezat

Indiana University of Pennsylvania Crimson Event Center

Friday, March 1st, 8:30 a.m. - 4:00 p.m.

Sponsored by the Student Affairs Division Center for Teaching Excellence and Mindfulness Living Learning Community

## **Workshop Description**

Our institutions as a whole should be creating, supporting and sustaining environments that provide the tools to support students' ongoing inquiry into meaning, purpose and values. Fostering cooperation and coordination inside and outside of the classroom is essential for this process. Most of students' time is spent outside the classroom. Just as contemplative pedagogy can foster students finding themselves in their own learning, contemplative programs throughout our institutions can support this transformation in all aspects of our students' lives.

In higher education, first-person critical methods, like introspection, reflection, meditation, are complimentary to conventional analytical methods, opening vibrant, new pathways for deepening and enlarging perspectives. By the time they are in college, students are old enough to integrate a moral and meaningful inquiry into the material they are learning in their disciplines. It is in this period that most students begin to consider seriously how they would like to enter the workforce and what sort of change that they would like to make in the world.

In this workshop, we will examine how we can all work together on campus to foster these changes through experiential exercises and contemplative methodology.

#### Mindfulness Living Learning Community at IUP

The Mindfulness Living Learning Community, which includes faculty, students and staff members, is committed to providing opportunities for students at IUP to:

- 1. Learn basic mindfulness skills.
- Be exposed to various activities and exercises (inside and outside the classroom) to deepen their capacity for insight and reflection through contemplative inquiry.
- Learn skills to reduce stress and increase positive affect.
- Help cultivate a more compassionate attitude towards the world and those around them.

### Workshop Agenda

8:30 a.m.

Continental Breakfast

9:00 a.m.

Welcome by Kim Weiner, Ph.D. Associate Professor and Psychologist

The Counseling Center

Keynote Address by Dr. Dan Barbezat

10:00 a.m.

Mindful Awareness Activities and Exercises

11:20 a.m.

Reflections and Discussion Facilitated by Dr. Barbezat

12:00-1:00 p.m. Lunch (on your own)

1:00 p.m.

Working with Contemplative Inquiry

in the Classroom-

(Deepening understanding of the subject)

2:00 p.m.

Small groups and exercises

3:00 p.m.

Reflections, Questions and wrap up

# About the Keynote Speaker

Dr. Daniel P. Barbezat, is a professor of Economics at
Amherst College and the Director of the Center
for Contemplative Mind in Society.
He has been a visiting professor at
Northwestern University and Yale University
and has taught in the summer program at Harvard University.

In 2004, he won the J. T. Hughes Prize
for Excellence in Teaching Economic History
from the Economic History Association.
Over the past decade, he has become interested
in how self-awareness and introspection can be used
in higher education and economic decision-making.
He has developed courses that integrate
contemplative exercises designed
to enable students to gain deeper understanding and insight.

His approach to these economic classes has been featured in the *Boston Globe*, the *U.S. News & World Report*, as well as on the NPR program "Here & Now." He has worked with the Center for Contemplative Mind in Society as a Board Member and Associate Director of the Academic Program. He is currently writing a handbook of contemplative practices in higher education with Mirabai Bush, editing a group of papers with Arthur Zajonc, and a book entitled *Wanting*.

